



The Examiner

Naval Hospital Twentynine Palms

"Serving with Pride and Professionalism"

Volume 7, No. 12

An award winning publication

December 1999

Fine Dining Made Finer with Improvements

Who ever said that hospital food is lousy has never eaten a meal at the Adobe Cafe located at Naval Hospital Twentynine Palms.

To enhance the delicious meals served out of the hospital's galley, improvements to the ambiance of the dining room have recently been added. A professional interior decorator was contracted to provide an attractive dining experience for hospital staff and visitors. In addition, improvements were made to the food preparation area of the galley with food service equipment upgrades and a kitchen deck resurface.

The dining room renovation included new wall coverings, new tables and booths with chairs, which increased seating by two, window valences and artwork. A mister system was installed on the dining area patio to keep customers cool during summer time dining. Three awnings were also added to enhance attractiveness.

Equipment upgrades included; A new Salad Bar, Convection Oven, Four-foot Grill, Patient Meal System which includes trays, domes, bowls, cups, etc., Convection Steamer, Ice Machine, Patient Service Freezer, Buffet Table, Storage Rack System and Revolving Dessert Case.

According to the Nutrition Management's department head, Lt. Ken Arlinghaus, "The Dining Room has increased staff quality of life. We have experienced a 15 percent increase in customers on average. This appears to be mostly hospital staff, not Marines. Marines still account for over 60 percent of our business."

Arlinghaus also stated, "Equipment upgrades have doubled our cooking capacity, modernized the kitchen in order to provide



better training for staff, and expanded our healthy cooking methods to include more baking and steaming."

Also, according to Arlinghaus, the deck resurface project has provided a safer working environment for staff and improved pride in their work place. Installing a patio mister system has made the patio an appro-

priate dining area during the summer months as well as increasing its value as an outdoor meeting area when high temperatures would normally prevent the use of this area.

These improvements were made possible from the efforts of the Facilities Department, Safety Department, Fiscal Department and command support.

Hospital prepared for the new year

Naval Hospital Twentynine Palms recently participated in a state-wide Y2K disaster drill, passing with flying colors and receiving an Official Certificate of Appreciation from the Inland Counties Emergency Medical Agency.

In addition to testing the computer systems, health delivery equipment and facilities, staff were made aware of other resources available around the state in the event of widespread computer or utilities failures.

Please see NEW YEAR on page 8

From the Desk of the CO...

Behind The Scenes

I would like to take advantage of the opportunity to acknowledge the teamwork that is necessary for us to live up to our purpose and highlight some of the folks who contribute to the command's mission from outside of the limelight. There is no job here at the command, in the Medical Department, or in the Navy for that matter, that is insignificant. Each and every member of the command contributes to the team effort and the final outcome. Sometimes it is hard to see or feel the connection, but I assure you, the staff members behind the scenes make it possible for our patients to receive the outstanding care they have every right to expect.

So, although they may never 'lay hands' on a patient, I would like to thank Lt. Denise Holdridge, Chief Kari Jackson, and the staff members who work in Manpower and make sure that

all the administrative requirements of the staff are handled so smoothly; Ann Denslow and the staff in Supply and Medical Repair who make sure we have all the necessary consumables and equipment...and that it works! I'd like to thank Lt. Ken Arlinghaus and the fabulous Food Service crew for the outstanding meals they prepare day in and day out for their fellow crewmembers as well as for our patients. Thanks to Jackie Bowie and the Housekeeping Staff who keep the facility pristine while trying to stay out of everyone's way. Kudos to Lt.j.g. Paul Patillo and the MID staff for keeping all the automated functions humming along. As frustrating as our latest CHCS adventures have been for you, they have been even more challenging for the MID staff. Thanks to Lt. Karin Warner, Chief Randy Husted and the Education & Training staff who make sure that everyone has the necessary training for their job. Appreciation goes to Wayne Menard and the folks in Central Files who make sure the command has all the necessary references, forms, and communications, and connect everything to the home page. We couldn't keep the building systems running without Lt.j.g. Dan Howard, Pat

Dougherty and the great Facilities Management crew of Nancy, Eddie, John and Carmine. Kudos to Lt. Leeann Graham and the Fiscal crew for keeping the command checkbook and never spending a dollar more than we should or a dollar less than we can.

Eric Cruz greets visitors to our Quarter Deck and Dave Feeley makes sure our mail is picked up and delivered on time.

Where would any of us be without Jack Burns and Larry Fairfield to remind us [constantly!] about safety and fire drills? Without Chaplain Dan Dudley and Chief Deborah Hernandez to help all of us keep our lives in perspective? Without Patricia

'...I assure you, the staff members behind the scenes make it possible for our patients to receive the outstanding care they have every right to expect...'

Store to greet us with a smile and keep us in snacks? Without Dan Barber to tell our story? How could we make sure everyone was secure without Lou

Grantham and Chief Glen Pena hard at work behind the scenes? What good would it do to provide great care to our patients, if the medical records weren't available to the providers? Not to worry! Jeffrey Bird and his crew are attentive to the task. Joy Heasley, Bob Knight, Bob Pilgrim and their crews make sure all of our patients get the information they need, their consults are handled, and make all the appointments. Need a Health Benefits Advisor? No problem. Eric Von Poppen and Lyn Harris are the best. Lt. Russell Wales, Lt.j.g. Jeffrey Hayward, Chief Katrenia Murphy and the Patient Admin crew work diligently behind the scenes to make sure that our patients' administrative requirements are all met quickly and efficiently. Mike Holdridge and all the Managed Care Support staff make it possible for us to evaluate our care and constantly improve our delivery system. Couldn't do it without them. Same for all the secretaries and clerks who work all the desks.

I could go on and on. I'm sure I have forgotten some, for which I apologize. I suspect there are more people behind the scenes than any of us are aware. Thank them for



Captain Joan M. Huber, NC, USN

what they do. There is no job that isn't important to all of us. No job is insignificant. Kudos to all for making a difference! Happy New Year!

The **EXAMINER** Newsletter is an authorized publication of Naval Hospital, Twentynine Palms, CA 92278-8250. The views expressed in this publication are not necessarily those of the Department of the Navy.

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The **EXAMINER** editor would like to thank all those who participated in this edition.

If I Gain Only One Pound Per Party I Am in Big Trouble

By Elaine T. Grossman, M.S., R.D.
Naval Hospital, Twentynine Palms

It's holiday season again, and celebrating without sabotaging your diet and/or good health can be difficult. Are you dieting to lose weight, change old eating habits or lower blood cholesterol levels, or just generally trying to eat more healthfully? It can feel like you're running the nutrition gauntlet each time you pass the festive spreads at holiday parties. Here are a few tips to help you make it through the season:

Control Party Eating

Before You Go: Eat something before the party, such as an ounce of low fat cheese and a few plain crackers or a carton of low-fat yogurt. And have a low-fat snack, such as fruit salad or your favorite low fat cookies, waiting for you afterwards. Hot also helps you to feel more full and a cup of hot, low-fat soup will help you to feel full for a longer period of time – just in case dinner is served late.

Wear something you're comfortable in only when you "feel thin" and if it has a belt, all the better. There is nothing that will drive the message home faster than if you need to loosen that belt before the end of the evening.

Tempting Tidbits: Steer clear of fat-laden munchies, such as nuts or chips and cream cheese or sour cream-based dips. Opt for pretzels or plain crackers. And... if you must have cheese on the cracker, at least put it on every other cracker.



Avoid deep-fried or cheesy appetizers. They are sure to be loaded with enough fat and calories to count as a main meal. Here is

where you will be happy you had that soup or low-fat popcorn before you left the house. It is much easier to stay away from unhealthy choices if you are not starving. If you are really lucky, you might go to a social event which has shrimp, crab, and veggies – enjoy!!!

The Buffet Line: Position yourself last in the line at the party buffets. You will be

less likely to go back to the table for seconds.

Start at one end of the table and make a mental note of what is there. Save your calories for new, interesting foods.

Take one tablespoon of each dish you have decided to try. You cannot imagine how quickly your plate is covered. This way, you will get a variety of foods, but you won't overdo it on any one item.

Please see GAIN on page 8

Keeping Your Fitness Resolution

You've made the decision—the new year marks the start of your fitness awakening. Getting in shape is Number One on your painstakingly made list of resolutions for the coming year. But wasn't this resolution Number One on your list last year?

Why is it difficult for so many people to stick to an exercise program? Some of the most common excuses for not exercising are 1) not enough time, 2) lack of self-discipline, and 3) lack of interest. The following is designed to help you get over these hurdles and figure out how to fit exercise into your life-style.

Questions to Ask Yourself

Why have you made this important decision to exercise? For weight loss? Stronger muscles? Reduced stress? Prioritize your goals in order of importance.

How would you describe yourself when confronted with a challenge? Motivated? Hesitant? A procrastinator? Write down the adjectives with which you identify most strongly.

How much uncommitted time do you have? Add up all the hours you realistically have to yourself. Family members can add in the free time they share with their spouse or children. Don't forget lunch hours, coffee breaks, and television time.

How do you spend your free time? Are you a loner or do you seek out the company of others? Jot down a few sentences describing what you do during your spare time.

When is your "downtime" of the day - the time when you feel least energetic or unmotivated? Do you get a mid-morning slump or the 3 o'clock blahs?

Put Your Answers to Work

Your answer to question number one will help you define what kind of exercise you should do. If, for example, your answer was weight loss, start off with a program that emphasizes aerobics like brisk walking, swimming, or cycling. If it's stress reduction, start by adding ten-minute stretch breaks to your day when you're really feeling uptight. You can then build on this, but you'll be more likely to stick to a program if the first results you see are attainable. Success breeds more success.

If you react positively to new challenges with a "let's get 'em" attitude, you probably won't need outside motivation. But if you tend to lose sight of your goals, consider exercising with a friend or in an exercise class or other group activity. Peer and family support and, in some cases, competition may help you stick to an exercise program.

Surprise! You've uncovered extra time in the day. You can start off your fitness program with as little as 1¹/₂ hours per week. That's only three 30-minute workouts.

How you spend your free time is a clue to keeping your exercise interest level high. You might enjoy combining your workout with some other activity you enjoy, such as listening to music.

Your "downtime" can be a good time to exercise. Instead of grabbing a cup of coffee to pick yourself up, grab your sneakers and take a brisk walk or jog. You may have to forfeit lunch at your favorite restaurant or work a slightly longer day, but the trade off is well worth it.

Take the Next Step

This mini self-inventory can help you understand more about yourself and most importantly, realize you are capable of a commitment. Now, it's up to you. Happy New Year!

Source: From the President's Council on Physical Fitness and Sports, Parlay International

Hone your ability to speak well

By Cmdr. Mike Brenyo, DC, USN
Special to the Examiner

When Arkansas Governor Bill Clinton in his nominating speech for Michael Dukakis at the 1988 Democratic National Convention, spoke the words, "In closing..." a roar went up in the convention hall. He was finally finishing!

Fortunately him, his 1992 speech accepting his own nomination got much better marks. In fact, some say it was the best speech of his life. Not only was it an important kickoff for his first presidential campaign, but Clinton erased once and for all the memory of that dud four years earlier.

That story has at least three important points. One, you're never too good or too experienced to ignore some of the fundamentals of good speaking. Two, you can give an occasional poor speech and still retain your charisma, as Clinton did in the intervening four years. And three -- and most important -- the ability to communicate well to groups of people can make a difference in your career.

In fact, a study conducted by AT&T and Stanford University revealed that the top predictor of professional success and upward mobility is how much you enjoy and how good you are at public speaking. Yet surveys also show that the number one fear of most adults (even above death) is speaking in public.

Now there's a contradiction for you: The best thing for anyone's career is also what we most fear!

The ability to speak confidently is one of the most marketable skills you can acquire. Organizations continually seek individuals who can sell products, present proposals, report findings and explain ideas effectively. It's no coincidence that more than 50 percent of Toastmasters clubs are in-house corporate or government groups.

Audiences, accustomed now to slick media, are less tolerant than ever of marginal presentation skills. So the ante has been upped, the bar has been raised, on what level of public speaking is now needed raised to get your point across.

Marine Corps Air Ground Combat Center Toastmasters International Club invites Sailors and civilians to join them every Wednesday at 11:45 a.m. for one hour and fifteen minutes in CSSG classroom 1, Bldg. 1537. The club is designed to teach members how to be concise, listen better, make

Please see **SPEAK** on page 5

Letters...

Hospital Comes through

Dear Naval Hospital Staff,

On Saturday, October 30, we held our 10th annual Halloween Funfest and it was a screaming success. More than 600 children attended and we all had a great time.

I just wanted to let you know how, the Naval Hospital, came through for "our" community again. You donated more than 100 pounds of candy and that enabled us to fill many young children's bags. I ap-

preciate the willing attitude I receive from the hospital staff when I ask for help with our children's programs. I have sent a letter to General Stanley recognizing your efforts as you were by far the biggest collector of candy from aboard the base.

Thank you for the effort you put forth towards helping children have a good time.

Sincerely,
Larry Bowden
Recreation Supervisor
City of Twentynine Palms, Calif.



November 5, 1999

Joanie
Dear Captain Huber,

Attached you will find a letter of appreciation from the former Mayor of Twentynine Palms, Larry Bowden. His expression of gratitude for the candy donation was genuine. Moreover, he recognizes the value of community spirit, which was the driving force behind the Navy Hospital's contribution.

Please also accept my own thanks on behalf of the Combat Center. The willingness of Naval personnel to extend a hand in friendship to our neighbors and surrounding community reflects favorably on themselves and all of us at MCAGCC.

Sincerely,

C. L. Stanley

C. L. STANLEY
Major General, U. S. Marine Corps

Capt J. M. Huber, C.O.
Naval Hospital, MCAGCC

Joanie,
Once again our Navy
comes through for us.
Thanks a million!!

Chaplain's Corner...

Living on the alert

"Watch therefore, for you do not know when the master of the house is coming- in the evening, at midnight, at the crowing of the rooster or in the morning- lest, coming suddenly, he find you sleeping.

"And what I say to you, I say to all: Watch!" Mark 13:35-37

By Lieutenant Daniel Dudley, CHC, USNR
Naval Hospital Chaplain

In the military we are well aware of what it means to be living on the alert. We strive for a posture of "readiness" day in and day out. We can shift from threat condition alpha to threat condition delta in a matter of minutes should an emanate danger arise. But what about our level of readiness when it comes to our spirituality?

We have entered in to what Christian tradition calls the season of advent. The advent season is a time of patient waiting and preparation for the coming of our Lord. The word advent means coming. The dominant emphasis of the season has been hope and expectancy. The birth narratives in the gospels, the Christmas stories, candlelight and carols, the joy of giving and receiving, all prepare us for his coming. Though out the life of a Christian, the church has celebrated its hope and expectancy in the coming of Christ in the past, present, and future.

Through the past we identify with those in ancient Israel who looked for the coming of the Messiah, and we look forward to celebrating a past event, the birthday of our savior and the manifestation of God.

Presently, we look for the coming of Christ in the here and now though the power of the Holy Spirit.

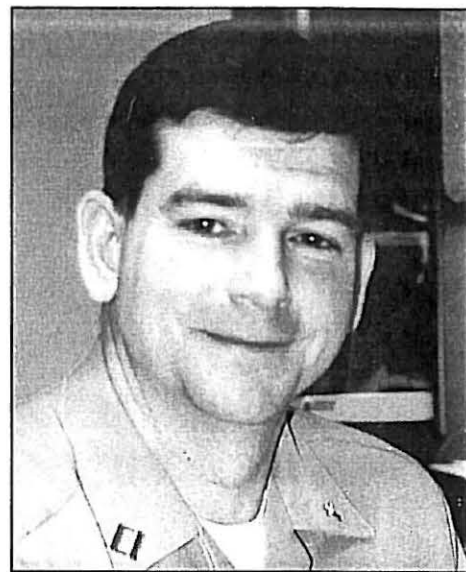
Our future hope is anticipated is in Christ's returning and final victory.

The advent season is a time for us to take a personal inventory to assess our level of readiness. The truth of the scripture is that if we wait until the last minute to get ready we are too late. That same truth applies to the military and that is why we remain disciplined in times of war and peace. We do not want to get caught napping so we live on the alert.

As your chaplain, I want you to know that I am standing the watch. It is my job to challenge and enhance your level of readi-

ness. Life is full of tests and drills. If you are not prepared for the unexpected you will be swept away by the storm. If no prior preparation has been made, or no reservoir of faith built up you will be swept away by the currents of the rising river.

Take some time this advent season to prepare yourself spiritually. In the spirit of readiness, start living on the alert.



Lieutenant Daniel Dudley

Fun For Single Marines, Sailors

Are you a single Marine or Sailor looking for fun and exciting things to do?

Do you find yourself stranded in the barracks on the weekends because you don't have a vehicle?

Have you had the opportunity to see the hot spots of Southern California?

This may be the answer to all your problems.

The Single Marines Program is for you.

The SMP hotline has all the up to date information.

Just call extension 4767 or contact the SMP coordinator at extension 6859 for details.

Hail and Farewell

Welcome Aboard

Ensign S. Milavec	HN M. Jimenez
Lt. Cmdr. C. Locarnini	HM3 M. Bueno
Lt. M. Polizzotto	HN M. Rocha
Lt.j.g. D. Campbell	HA N. Jarnagin
HA D. Deatherage	HN F. Mora
HM3 B. Lindsey	HM3 A. Madrid
HR S. Donohoe	HM3 K. Ridio
HN M. Henderson	HA R. Lacosta
HR J. Saunders	HM1 J. Cason
HN A. Carrazana	ITSN K. Turner
HR D. Briggs	HN R. Rivett
HN H. Choe	
HM2 A. Velasco	

Farewell

Lt. B. Batchelor	HM3 M. Sepulveda
Lt. Cmdr. Meierhenry	HM3 R. Garcia
Lt. W. Dosch	MS2 C. Cierra
Lt.j.g. Z. Fausold	HM3 D. Corpuz
HN M. Langdon	HM3 Q. Miller
HM3 M. Gomez	

SPEAK...

Continued from page 4

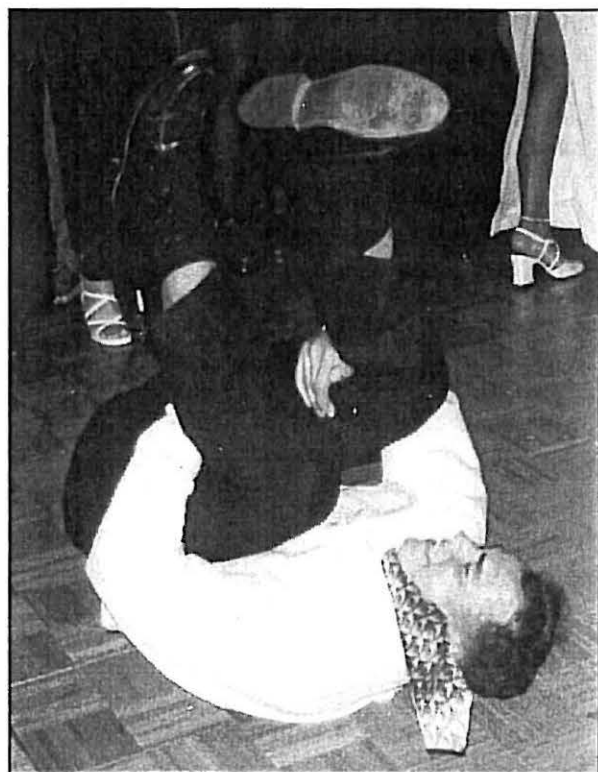
people laugh, conquer public speaking fears, conduct meetings and increase self-confidence. You learn by doing. It's the easiest way to learn how to speak properly and

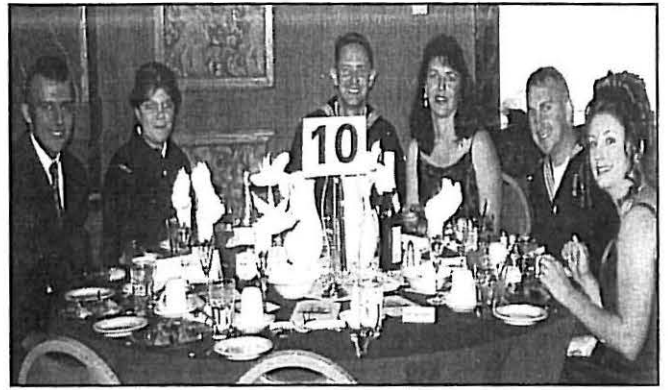
communicate effectively. There's no better time to make a weekly lunchtime your start towards improved communications, leadership and future earning power.

Point of contact for this program is Mary Ellen Barrena. She can be reached by calling extension 7018.

Happy Holidays!

1999 Navy Birthday Ball Photos...





GAIN...

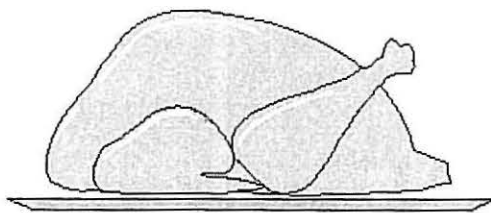
Continued from page 3

Then get as far away from the table as possible after you've served yourself. It is too easy to start sampling again if the food is within easy reach.

Sit Down Dinners: Eat slowly. It takes approximately 22 to 25 minutes from the time you are hungry and you start to eat until the message gets to your brain to tell it to knock it off with the hunger pains — food is coming. You can inhale a great deal of food during this time, but there is no way you can inhale a salad, so be sure and eat the salad and ask for a vinegar and oil type dressing because a little goes a long way.

Try to sit next to someone whose company you enjoy. You can talk more and eat less.

Restaurant Eating: Here you can be in charge of your food and not what someone is serving you, so it is much easier — sometimes! Soup and salad are great for appetizers to help curb your appetite. Many studies show that people who consume soup generally consume up to 200 calories less per day than their counterparts. But, you need to or-



der broth based soup. Stay away from high-fat creamed soups, even if they are vegetable based, such as cream of broccoli or asparagus. The tip here is the word "cream" because it lets you know that it will be a high fat soup.

If you absolutely cannot stand oil and vinegar dressing, then request the dressing on the side. Dip your fork into the dressing, then into the salad, and you will get a little bit of dressing with every bite, but far less than if you had poured it on the salad.

Skip the creamy sauces and gravies, or ask for them on the side. They defeat the low-calorie aspect of a broiled entrée. Also, I have always wondered why, if the meat, fish or poultry is so good, why do they need to cover it up with stuff.

When You Are the Hostess: Cut back on calories and fat every chance you get. Take advantage of such products as light cream cheese, reduced-calorie mayonnaise, low-fat sour cream, and low-fat cheeses. I am not saying NO-fat; I am saying LOW fat. Most

of the items will offer a significant calorie savings in addition to a saving of fat grams in your healthy food plan. And be sure to include a low-calorie choice in your menu, such as tossed salad or a fruit platter.

Keep Your Perspective: Even the strongest of wills can succumb during the holidays. Don't berate yourself for a little indulgence or allow it to pave the way for a binge. Here the only important thing to note is that when you do eat something that may not be the best for you, BE SURE IT TASTES THE BEST. For goodness sakes, don't waste your fat calories on package/boxed stuff, save it for the real thing.

Exercise as much and as often as you can during the holidays. Granted, it is probably the busiest time of the year, and making time for exercising difficult. But it's almost a given that you are going to eat more than usual, so it only makes sense to exercise more, as well.

Last, but not least, this is not the best time of the year to start a weight loss program. You are setting yourself up for failure. This is not an open invitation to binge, but rather you can work on gaining no more than three pounds over the holidays. If you are one of those driven people, then make your goal not to gain any weight over the holidays. Above all, try to be realistic!!!

NEW YEAR...

Continued from page 1

During the past year, Naval Hospital Twentynine Palms has been working to ensure that every piece of equipment in the hospital is Y2K compliant either by upgrading or replacement. Any new equipment purchased for the hospital has been verified by the manufacturers to be compliant and will continue to operate after December 31, 1999.

In addition to all the work completed in the past year to ensure the hospital is Y2K ready, several staff members and departments will be on board the hospital on New Year's Eve just to ensure the old millennium passes by and the new millennium is begun with no problems.

Outstanding health care will continue to be Naval Hospital Twentynine Palms' promise for a new year.

Outstanding Results for Hospital's Fall Physical Readiness Testing

The following members deserve a Bravo Zulu for their outstanding performances at this fall's Physical Readiness Test.

Run: Males

1. HM3 Nunezflores:	8:00
2. HM2 Potter:	8:05
3. HM2 Pepas:	8:52
4. Lt. Cmdr. Adams:	8:53
5. HN Holland:	9:01
6. HA Velma:	9:16
7. Lt. Cunard:	9:33
8. HM3 Runner:	9:40
9. Lt. Moses:	9:41
10. HM3 Hayes:	9:45

Run: Females

1. HN Stratman:	10:32
2. Lt. Cmdr. Goldberg:	10:40
3. HM3 Tenney:	10:46

4. Cmdr. Wagstaff:	11:03
5. Lt. Plewinski:	11:49
6. HM1 Russell:	11:51
7. Lt. Dewees:	12:29
8. SK1 Oseguera:	12:52
9. HR Camps:	12:53
10. HM3 Friesenhahn:	13:06
11. HM3 Laforme:	13:06

Swim: Males and Females

1. Lt. Cmdr. Tanner:	7:34
2. Lt. Anderson:	7:44
3. Lt. Cmdr. Larcombe:	8:24
4. HN Bortecene:	8:34
5. Lt. Yates:	8:47
6. Lt. McPhee:	9:13
7. HM3 Helmick:	9:31
8. HMC Williams:	10:23
9. HM3 Chang:	10:28
10. Lt. Farrell:	10:36

Congratulations!

Why volunteer with the Shriners -- Because We Care!

By Anita Bouges
Special to the Examiner

Saturday, Oct. 16, several Doctors, Nurses and Corpsman from Naval Hospital, Twentynine Palms, set out to assist the Los Angeles Shriner's Medical Screening for children with orthopaedic disabilities or burns.

Even the 7.1 earthquake, in the wee hours of the morning, did not shake the high spirits and caring hand of the Naval Hospital and Shriner team. The free screening was held as scheduled at thein Palm Springs, and was open to the general public from 10 a.m. until 2 p.m.

The Los Angeles Shriners hospital opened it's doors in 1952 and since then have served more than 30,000 children free of charge to patients and their families. Some of the conditions commonly treated include: Scoliosis, Club Feet, Amputations, Scar Reconstruction and Juvenile Rheumatoid Ar-



thritis. The Shriner Hospital is ran purely on donations, with a multitude of paid and volunteer staff assisting in the care and treatment of thousands of children each year.

Several children came in reluctantly, but after a few minutes with the Shriner clowns and the warm and enthusiastic Navy staff,

spirits were elevated. Every child and even a few adults walked out with a balloon animal in hand and a smile on their face.

How can you find out more about the Shriners? Visit their e-mail site at www.shrinershq.org or visit HMC Richard Anderson at the Military Sick Call.

TRICARE Update...

Lab, X-Ray co-pays eliminated for Prime members

A recent change in the TRICARE program will save many TRICARE Prime beneficiaries money. Now, your TRICARE Prime office visit copayment includes most lab and x-ray visits.

Lab and x-ray or "ancillary" services previously had a separate copayment if they were done on a different day than your doctor's visit or done outside your doctor's office. But now, the copayment for most lab and x-ray services has been eliminated. Only the office visit copayment will apply for Prime members, even if your referred lab or x-ray work is done on a different day than your doctor's visit.

As always, TRICARE prime referral and authorization guidelines apply.

In addition, TRICARE Prime members continue to pay only one copayment per emergency room visit, regardless of how many services are done during that visit, how many doctors are seen, or whether the doctors are in the TRICARE Prime network.

For more information about TRICARE Prime, visit the hospital's TRICARE Service Center located in the Outpatient Clinic area or the Village Center on the Marine Corps Air Ground Combat Center or call (800) 242-6788.

Information for Naval Spouses

L.I.N.K.S.

An essential component of the partnership between the Marine Corps and Marine families, L.I.N.K.S. (Lifestyle, Insights, Networking, Knowledge and Skills) introduces new spouses to the Marine Corps family. In addition it provides basic information and knowledge necessary to acquaint families with the unique aspects of Marine Corps family life and the systemic context within which they will operate. The three half day sessions are led by spouse mentors who have undergone training and have valuable personal experience as a military family member.

All marine and navy spouses are welcome to attend L.I.N.K.S. sessions. Class dates and times are posted in the Observation Post

or you can call the LINKS house at 830-3705. Childcare is provided.

Combat Center Web Site

The base web site can be found at www.29palms.usmc.mil/index.htm

From this site family members can find information about events and clubs sponsored by the OWC and the SNCOWC.

Hospital Holiday Party

The Hospital Holiday Party will be held December 11. THE OWC will be providing craft tables for children (12 and under). Teenagers helpers will be there to supervise and assist at the craft tables. Children under 12 can also participate in a holiday chorus group. Rehearsals will be December 1 and 8 from 4 to 5 p.m. at the Hospital. Check at quarterdeck for rehearsal location.

Sports...

DAS sets goal, finishes the Marine Corps Marathon

At 8:30 a.m. on Sunday, October 25, the gun starting the Marine Corps Marathon sounded. Four hours and thirty-seven minutes later, Lt. Cmdr. Kathy Goldberg, Director of Ancillary Services at Naval Hospital Twentynine Palms, crossed the finish. In reality, however, her marathon began with a New Year's resolution she set for herself to finally realize a dream she had of completing a marathon.

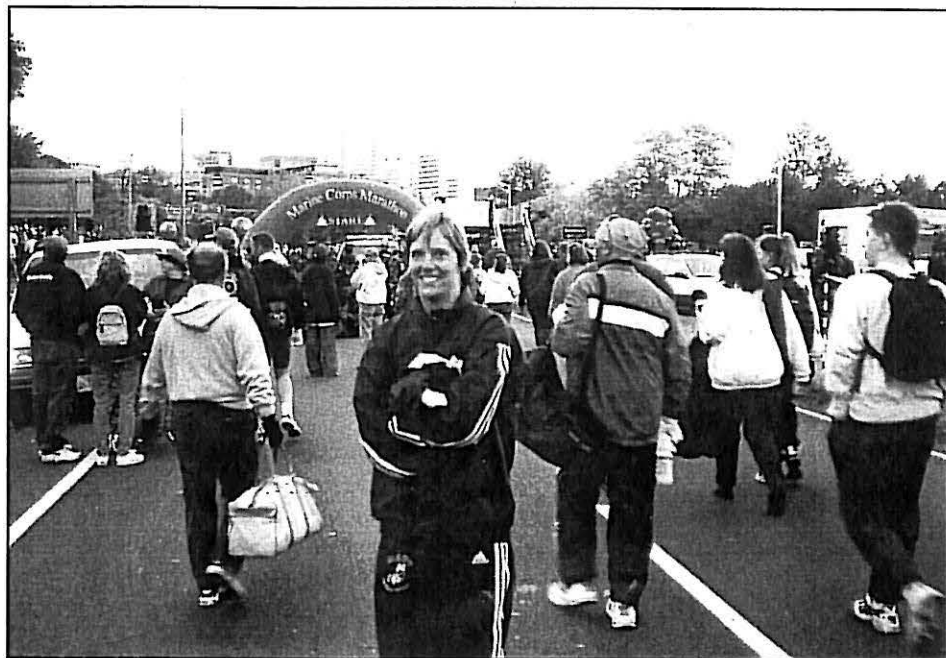
Last January Goldberg made a promise to herself that this would be the year. She chose to run the Marine Corps marathon because of its reputation as "The Peoples Marathon." Unlike other races, this one has no prize money. The winner gets what every other finisher gets, a medal and the satisfaction of completing the race. The course is relatively flat, except the famous grueling hill at the end up to the Iwo Jima Memorial. Thousand of spectators line the entire course to cheer the runners on.

Goldberg submitted her registration in February, which was a good thing since the race was closed out in early March. That also really solidified her commitment. This is when the hard work began. She had a training schedule and religiously tried to stick to it. That meant running whenever she could fit in the miles and often meant getting up early so as not to interfere too much with family commitments. It was especially challenging during the summer months in the desert. During those months, every day was an accomplishment for Goldberg in just getting up early to run.

Slowly her miles increased. Her long runs changed from 10 to 13 to 17 and finally 20 miles. Goldberg said, "This didn't happen overnight and there were many runs I thought to myself I'll never be able to do this. But there I was with 15,000 other people waiting for the gun to go off." Many of the competitors were just like Goldberg, first timers. "I then realized anyone could run a marathon. All you needed is a strong commitment," she said.

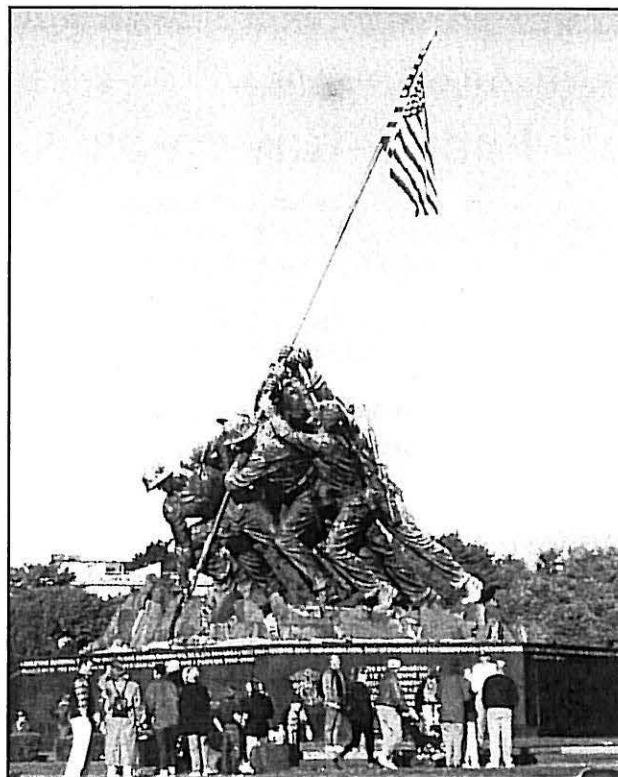
"The race was great! There was tremendous support the entire way. I quickly learned why so many people put their names on the front of their shirts. Spectators would yell out any name they saw. You could see the runners pick up their pace when their names were yelled," said Goldberg.

According to Goldberg, the course was



very scenic. It went by the monuments, down by the Potomac River, through Georgetown, and around the Pentagon. "I felt great the first 20 miles, then the mileage, concrete and time slowly took its toll. I was slowing down. My legs and knees began to hurt, but I was determined not to stop. The last mile and a half seemed to take forever. Then I faced the dreaded hill. It is short but very steep. My calves burned and my quads ached but I knew I was almost there. I was almost to the Iwo Jima Memorial and the finish line. My thighs burned with each step. Finally I made it to the top. I was close to completing the race. Four hundred yards more and I finally crossed the finish line. There was a Marine there to congratulate the finishers and place the medal around their necks," said Goldberg.

According to Goldberg the marathon was one of the hardest things she had ever done. "I am most proud of the commitment I kept to myself as well as the goal I achieved. When asked if I will do another, my answer is 'Where do I sign up?'," she said.



Happy Halloween Costume Contest



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